



Lindsay Cunningham

(Photo by Barbara Ateljevic)

Student wins award for best female pilot

By Barbara Ateljevic

A second-year aviation student at Conestoga was awarded the 1997 annual award of excellence for outstanding female pilot in October.

Lindsay Cunningham, 19, was given the award and \$250 from Peggy Smith of the Ninety-Nines, Maple Leaf Chapter, London, Ont., a group that promotes women in the aviation industry.

This is the first time that a recipient from the Waterloo-Wellington Flight Centre has won the award. Cunningham won the award based on her exam marks and flight performance in obtaining her private pilot's licence.

Cunningham, whose mother works for Canadian Airlines as a flight attendant, said she was brought up in the aviation industry.

"I liked flying and got excited about it, but it wasn't until high school that I wanted to make this into a career," she said.

She took aviation in Sault Ste. Marie for a semester but said the program was too military based. She said she decided to transfer to Conestoga because it is closer to the Waterloo-Wellington Flight Centre and allows her to graduate sooner because she gets credits for flying at the centre.

Flying only since January 1997, Cunningham had enough hours built up to obtain her private licence in June. She also started working part-time at the flight centre as a flight dispatcher in June.

Cunningham said what she most enjoyed about aviation is the constant challenge. "There's always something new," she said. "You can always make yourself better at something."

As an example, Cunningham said that, after getting a private licence, there is always something else to work on, such as building up hours for the instrument rating, which Cunningham is working on now.

In order to get this rating, pilots must have, among other requirements, 50 hours of cross-country flight time. Cunningham currently has 40.

"The industry is always changing,"

Cunningham added. "If you get one job you can use it as a stepping stone to another one. You're constantly moving around and always working with different people."

Cunningham's flying experience hasn't all been smooth-sailing, however. When pilots are still students, they are allowed to fly on their own to practise manoeuvres. Cunningham said she was doing a diversion during her fifth or sixth student solo when the plane began to get turbulent. Cunningham's seat unlatched and flung her back so her feet couldn't touch the rudder pedals. To remedy the situation, she said she held the plane straight, let go quickly and latched the seat back on.

Another time, Cunningham said, the door opened while she was in the air. Although she said it was nothing serious like an engine failure, it is important in times such as those to remain calm.

Although Cunningham said she doesn't have a favorite place to fly yet, she said flying to Sault Ste. Marie and Wawa, Ont., were fun trips and also the longest distance she has flown.

Cunningham said she flies as often as she can, usually about six hours a week, depending on the weather. Currently she is renting a plane from the flight centre.

The general arts and science program Cunningham is taking has the aviation option. Although the Conestoga program and the flight centre programs are separate, Conestoga credits aviation students for flying.

Although the courses she is taking at Conestoga don't have much to do with aviation, she said she has learned group effectiveness, psychology and how to be successful.

"I'm hoping to be a flight instructor or get some other job so I can build hours," Cunningham said of her plans after graduating from Conestoga next semester. Her long-term plan, she said, is to become a commercial airline pilot, preferably flying overseas. She modestly added that the award might help her career to make others aware that she "isn't a bad pilot".

College may face payout of \$300,000

By Corey Jubenville

Conestoga College may have to pay as much as \$300,000 to some current and former employees because of a decision made by the Pay Equity Commission.

At their monthly meeting Nov. 24, the board of governors heard that a complaint filed at another college has led to the PEC investigating pay equity plans for part-time workers at other colleges.

In 1990, Ontario colleges were told to come up with a plan which would equate jobs in male-dominated fields to jobs in female-dominated jobs.

The plans were submitted in 1991 and little was heard on the colleges' plans, said Conestoga's vice-president of finance, Kevin Mullan.

However, a complaint or complaints within the last two years has lead the PEC to review

the colleges' positions on pay equity. The PEC ruled that none of the colleges' plans met with the Pay Equity Act.

College president John Tibbits said it wouldn't be so bad if the ruling was for 1997. But he said he was surprised by PEC's decision to make the ruling retroactive to 1990, calling the decision released in the last two weeks "hard to believe."

John Mackenzie, vice-president of human resources, said it was "mind boggling" for a commission to come along seven years later and make this decision. He compared appealing the decision to arguing with a border guard.

He also said the colleges have to demonstrate that the process of finding people and paying them was started by Jan. 1, 1997, to avoid more trouble.

Tibbits said there was no recourse to the

decision and any college that doesn't implement the changes will be heavily punished. No method for trying to contact people has been decided upon.

No complaints were filed against Conestoga College.

In other news, the board voted to approve a submission to the Ministry of Education for a new post-diploma certificate.

Called community safety and violence prevention, the program is to be designed around violence prevention and community safety.

Sharon Kalbfleisch, from college access and preparatory studies, said the multi-disciplinary program would be targeted toward college and university students, with general skills looking to make themselves more marketable, and people already in the field, like police, social workers and community volunteers.

"It's really got a community development focus," said Kalbfleisch.

She said she hopes the program will have a pilot program running part-time by the spring, and will be full-time by 1999.

The college has already applied to the Ontario Women's directorate for a \$25,000 bursary to help participants offset the cost of the program.

The program would be 436 hours and could include courses in a subject like conflict resolution mediation and a community integration project.

"We've lost sight of being our brother's keeper," said Kalbfleisch, referring to communities where people have done nothing to help neighbors in trouble.

The program has been endorsed by the Crime Prevention Council, the YWCA and Community Justice Initiatives.

Conestoga recognizes National Child Day

Day care celebrates children

By Jamie Yates

Teachers, parents and children celebrated National Child Day at Conestoga's day care centre with an afternoon of tea and cookies Nov. 20.

Maria Roberts, team leader at the day care centre, said National Child Day was developed in March 1993. The idea for the day came when the United Nations developed the rights of the child in November 1959, she said.

In 1989, Roberts said Canada adopted the UN legislation of the rights of the child.

"Since 1989, every November 20, there has been a celebration of National Child Day," said Roberts.

Roberts said the day care celebrates National Child Day for several reasons.

"We celebrate it because we are involved with kids," she said, "and because we follow the same philosophy for the rights of kids."

National Child Day, sponsored by Health and Welfare Canada, is a national event. Roberts said it is a day for people to stop and think about respecting children and consider the quality of care for children in Canada.

"It is important to stop and revisit that children's needs are



Terry Cox enjoys cookies and juice with his mother Betsy (left) and grandmother Valerie Cox at Conestoga's day care Nov. 20.

(Photo by Jamie Yates)

being met," said Roberts. "It is important to get people to respect kids."

"People get caught up with their lives and take things like quality care, food and shelter for granted," she said. "It's important to stop and enjoy children sometimes just for being kids."

"Children are a lot of fun," she added.

Cookies children helped make as well as squares, lemonade and juice were available to parents and kids.

A videotape displaying activities the children did in the previous week was also available for parents and children to view.

The day care also had a display of developmental toys for children during the event, which was

supervised by Shannon Ferris, a member of the day care faculty.

"It can help parents get a head start on their Christmas shopping ideas," said Roberts.

Roberts said the centre wasn't raising money for the event, but said some Canadian centres are.

Blue ribbons were provided by the centre which people could take and wear in honor of the day.

Salaries remain frozen, says Tibbits

By Richard Berta

During the Doon Student Association's executive meeting, Conestoga's president John Tibbits said that college faculty should be furious with their unions rather than with college management over the absence of any pay raises since 1992.

He added that college presidents' salaries had been frozen since 1991.

The statement came in response to an invitation by the DSA, who wanted to hear the management side of the (faculty) contract dispute after hearing the union's side two weeks earlier.

The issues Tibbits covered included pay raises and specialized staff.

Tibbits said while it is true that faculty did not receive a two per cent pay increase, this is because the faculty union did not sign the social contract under the previous NDP government.

He pointed out that unions were guaranteed a two per cent pay increase as an incentive to sign

on to the social contract. While the administrators and support staff signed on, the faculty union did not.

"However, the (faculty) union filed a grievance with an arbitration commission in April 1996 to get the increase," Tibbits said.

"The arbitrator ruled that because they (the faculty union) didn't sign up, they didn't earn the two per cent pay increase."

He added that because there isn't any more support coming to colleges from the provincial government, management is confronted with one of two alternatives: to remedy the lack of government funding through tuition hikes or to increase productivity in existing jobs.

"Faculty has had the same work load formula since 1984," Tibbits said.

"The reason why the work load seems heavier now is that we are using the (same) work load formula to the full, whereas we weren't before."

He said that according to the work load formula, faculty is supposed to work 648 hours annually or 18 hours weekly.

"However, they now have 462 hours of actual teaching, or 14.4 hours a week," he said.

On the issue of increasing work load, Tibbits said he couldn't even get a discussion going because of the faculty union's inclination to view any flexibility in this area as a concession.

He also said that contrary to the union's assertions, there is no plan to lay off current teachers or put them in lower-level positions.

"We'll leave existing teachers here until they retire and then replace the vacant positions with a lower-level instructor."

The change in the status of positions is necessary in order

to diversify positions in the college.

"Right now there are very few positions other than that of professor in the college," Tibbits said.

"We need a diversity of positions. For instance, in motor vehicle mechanics, we need a lecturer as well as technicians to supervise students while they work and to answer questions as they arise. The same holds true for computer science."

He said it will take 10 years to reach this stage, but he repeated that no one would be laid off in the meantime.

"It's easier to (implement) change if no one is hurt by it," he added.

Tibbits said there was still a lot of room for discussion before the strike deadline in March.

"There will be increased communication with the faculty in the new year," he said.

As for the union representatives, Tibbits said, "They're still coming to face with the fact that they lost the arbitration."

Women's group remembers Montreal Massacre

By Amy Sonnenberg

Conestoga's Women's Resource Group will be presenting a speaker in connection with the Montreal Massacre remembrance service at both Waterloo and Doon campuses.

Barbara Pressman, an individual, couple and family counsellor for the past 30 years, will speak about establishing mutually satisfying relationships.

She will be speaking in room B3 at Waterloo campus Monday,

Dec. 2 at noon and in Doon's student lounge Monday, Dec. 8 at 11:30 a.m.

Kim Radigan, member of the Women's Resource Group, said the focus of this year's Dec. 6 remembrance service will be specifically on domestic violence, opposed to the more general anti-violence stance traditionally taken.

"We're looking at violence prevention," she said.

"Possibly the first place a lot of people can prevent violence is in

"We never want to forget that tragedy."

Joan Magazine,
Student services councillor

their close relationships."

"We never want to forget that tragedy (the Montreal massacre)," said Joan Magazine, another member of the women's group, "but that type of situation is not where

most of the violence takes place.

"We thought it would be a positive idea to have someone come in and talk about positive relationships."

On Dec. 6, 1989, Marc Lepine shot and killed 14 women, engineering students at Ecole Polytechnique in Montreal. Known as the Montreal Massacre, the event is recognized annually and denounces violence against women.

Radigan explained Pressman's presentation: "She's going to talk

generally about relationships and how they're established. She'll ask the audience what they think makes a mutually satisfying relationship, and then she'll go through all the things she's found over the years are important."

Rose buttons in memory of the Montreal Massacre victims, and all other women who have been the target of violence, will be sold in the cafeteria and the Sanctuary for a suggested donation of \$1. All proceeds will go to area women's shelters.

Kitchener awards local youth

By Casey Johnson

Kitchener MP Karen Redman opened the ceremonies for Kitchener's fourth annual celebration of National Child Day at City Hall Nov. 22.

Redman's brief speech concluded with the distribution of 22 recognition awards for outstanding children in the community.

Children were nominated by organizations throughout Kitchener, said Cynthia Singh, chair of the event. School boards, teachers and community groups were sent nomination forms to fill out.

Some of the categories included athletics, public service, entertainment, safety patrol, academic excellence and special achievements.

"Nominations have approximately doubled this year," said Singh. "We are hoping for even more nominations next year."

Singh said she believes this event is an important one.

"We want to recognize and celebrate children. This is who the fair is for."

The official anniversary of National Child Day is Nov. 20, but the city decided to celebrate on Nov. 22 instead, due to the convenience of having it on a weekend, said Singh.

After the awards were over, Candy the Clown entertained the children with his magic tricks, and a puppet play followed, which was put on by children.

Volunteers seated at community booths inside the main doors gave out information on children's programs, health services, safety services and other services related to children.

Games, mazes, free food, face painting, activities, and lots of balloons entertained the younger participants of the fair.

Ice skating was also available to all who attended. Approximately 75 skaters tested the ice in the civic square.

The event was free to all, but a donation to the food bank was suggested.

COLLEGE LIFE

Conestoga's VIP/CIP day hosts 3,000 students

By Becky Little

Ontario colleges were on display in the Doon campus recreation centre for the annual college information program Nov. 18 and 19.

Three thousand students from Waterloo Region as well as Huron, Perth and Wellington counties participated.

A display of over 20 colleges was set up in the gymnasium. Representatives from the colleges were on hand to talk to interested students and hand out information on their particular schools.

Jennifer Leith, from student recruitment and admissions at Conestoga, who has been a part of organizing VIP/CIP since 1989 when Conestoga first started participating in the program, said the

day went smoothly without any major hitches. She said planning for the event starts in December and January to set a date so that all the colleges can plan the CIP tour.

Last-minute planning was cut short this year because of the strike, but Leith said that when the secondary school teachers returned to the classroom, they were eager to finish the arrangements for the information day.

Leith said Susana Pellizzari was in charge of pulling everything together, and, "She did an amazing job."

The colleges were on display from 8:45 a.m. to 9:30 a.m. for Waterloo Region students, and they were on display from 9:45 a.m. to 10:30 a.m. for Huron, Perth, and Wellington students.

From 9:45 a.m. to 11:30 a.m.,

there were two VIP sessions where students could visit a seminar on a particular course Conestoga has to offer that they would like to know more about.

From 12:35 p.m. to 1:50 p.m., there were two CIP sessions where students would sit in a class with a representative from a college they would like to know more about.

At 2 p.m., students returned to the recreation centre and were given an orange sheet to fill out for a draw of prizes like hats, T-shirts, mugs. Knapsacks were given away, as well as a gift package from Beaver Foods, and the grand prize, a Sanyo radio, was donated by student recruitment and admissions.

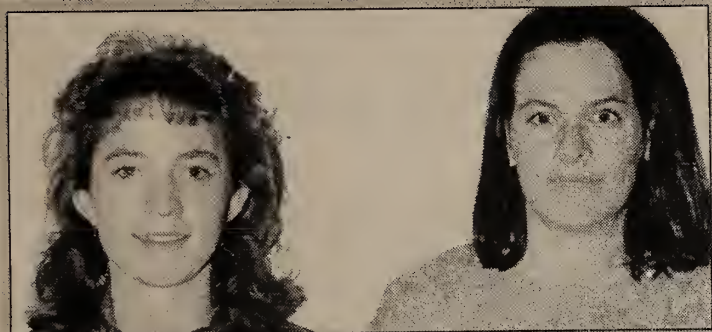
Between 9:30 and 11:00 a.m., four one-hour tours were given of



Students from Waterloo Region, Perth, Huron and Wellington counties walk to the rec centre Nov. 19 for the visitor information and college information program. (Photo by Becky Little)

Conestoga's campus. Kim Smith, one of the tour guides, said they gave tours to whoever showed up at Door 5 at the designated times. The tours would consist of basically whatever the students

wanted to see, but mainly students saw the computer labs, the cafeteria, internet lab, the early childhood education building and the library, generalizing the layout of the campus.



Krista Sauder (left) and Nicole Rypma, fifth-semester nursing students. (Photo by Rebecca Eby)

Nursing students hope new club is successful

By Rebecca Eby

Two nursing students at Conestoga College said they are hoping their efforts in forming a Christian club at Doon campus will last longer than similar groups have in the past.

Krista Sauder and Nicole Rypma, both fifth-semester nursing students, said there have been other Christian clubs formed at the college but few seem to last once the group organizers and leaders graduate and others are too busy to fill the vacancies.

They said they intend to leave the college after this term and hope those who join the group will be able to keep it running.

"My goal is to get semester one or two (students) to respond to us," said Sauder.

"We want to build a skeleton of it and get it started," said Rypma.

They said the non-denominational group, which will be known as Nurses' Christian Fellowship, will be similar to groups that have existed in the past.

"We're building on what's been here in previous years," said Rypma.

They said the purpose of the organization will be to give Christians from any program on campus an opportunity to share their experiences, help support each other through their years at college and give others a positive view of Christianity.

Sauder said there was no organization like NCF on campus when she started attending

the college, so she went to Waterloo Christian Fellowship at University of Waterloo.

"We always get asked every year, 'Where are you from?' and 'Why don't you start one?'" Sauder said.

"You apply your Christianity to your life anyway," said Rypma, adding that NCF will just be a place for people of like faith to get together.

She said the group will not have a need for financial resources, but depending on how successful it is, funding might be required in the future.

"If we did have funding, it would have to come from outside the college because the Doon Student Association (DSA) won't support religious groups," said Rypma.

She said one of the major difficulties in starting the program has been finding a faculty advisor who would be available to consult when necessary.

The other problem, she said, is finding a time when everyone who would come to meetings, especially nursing students, would be able to meet.

"The nursing program in general is a pretty heavy one," she said.

Rypma said at least seven people have expressed interest in attending group meetings.

Sauder said these times would probably consist of prayer, discussion and general support and encouragement.

Anyone interested in the club can leave a note for the two members on the message board outside Room 1C29.

Employment one reason for choice

Students say college practical

By Ross Bragg

For some high school students, the choice of what to do after high school is simple.

"Basically, I am choosing college to get a job. There are more opportunities in college than in university," said Jamie Malloney, a Grade 12 student from Mitchell, Ont., near Stratford.

"I am just the type of person who needs the hands-on approach."

Malloney was part of a group of high school students and their parents shopping for community colleges at an open house in the Doon campus recreation centre Nov 18.

Conestoga College hosted the evening event at which close to 20 community colleges set up booths where students could ask representatives about what each college has to offer.

Susana Pellizzari, who is from Conestoga's student recruitment and admissions office, and who helped organize the event, said many high school students are hearing back from friends who went to university, and those friends say they are not getting the jobs they wanted.

"University is more theory and college is more hands-on," said Pellizzari.

"They (high school students) want something practical, something they can go and work with right away."

She said many students also choose college because they can work more closely with employers while they are in school.

"Many want to get out and begin working," she said.

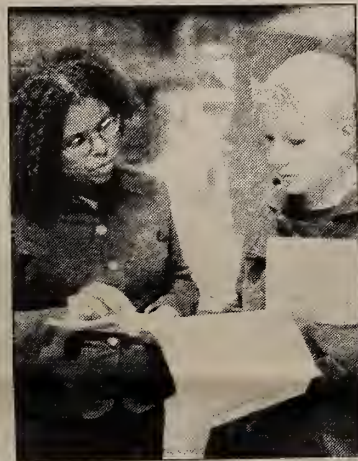
Crystal Howley, an OAC student from Kitchener, said college lets her begin pursuing her interests without spending time learning theory in university.

"I have wanted to do journalism for a long time."

Like other high school students, Howley said she likes how college is more hands-on and practical.

Sandy Willet, a representative from Mohawk College in Hamilton, Ont., said students weigh many factors when deciding on one college over another.

She said students are interested



Beverley Stevens, a Seneca College liaison, discusses programs with Mandy Weir of Orangeville at the college information open house Nov. 18. (Photo by Ross Bragg)

in what programs are offered by each college but tell her they are simply choosing to stay local.

"Kids want to stay at home," said Willet. "Going to college away

from home can add \$5,000 to \$10,000 to the cost of tuition."

Mark Moorehead, an OAC student from Kitchener, said he wants to stay local.

"A lot of my friends go to Conestoga, and so I want to stay here," said Moorehead.

Marcel Laforest, a representative from Cambrian College in Sudbury, Ont., said some students who approach him want to be as far away from home as possible.

"You get the odd student who comes up to you and asks 'how far is this?' I tell them this is where I will lose you . . . we are four hours north of Toronto. They will say 'No, I just want to get out of here,'" said Laforest.

Mandy Weir, a Grade 12 student from Orangeville, was at the fair to look into graphic arts programs offered by some colleges.

She said she is willing to move to find the right program.

"I want to get out of Orangeville," Weir said.




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Editorial

INXS death ironically will rejuvenate the band

The recent death of Michael Hutchence, lead singer for the pop music group INXS, marks another loss of sorts for the music world.

Yet, one man's loss is another's gain, and still another's joke.

Hutchence's passing on Nov. 22, just in time for Christmas, will undoubtedly signal a new found inter-

est in the band, whose significant commercial success of the '80s has waned in recent years.

Despite the subsequent cancellation of the band's Don't Lose Your Head tour, the death of Hutchence, who was found hanging by the neck in his hotel room in Sydney, Australia, will likely

give the band a rejuvenated integrity that only untimely death affords.

The morbid fact is the death of Hutchence will do for INXS what John Denver's recent crash did for his own popularity; this speaks volumes about our consumer society.

Since the news broke, the rumors over the circumstances have been percolating like coffee-room gossip.

Between conspiracy theories and unusual private escapades gone wrong, the people who bother to wonder what happened to Hutchence have the full spectrum of possibilities to work with.

Ultimately, the facts mean very little to the average civilian because, for most people, Hutchence was a faceless voice on the radio, just another long-hair on MTV.

His death is not so much that of a man, but an image. For the masses, the void left by Hutchence's passing will be filled by the time this piece has gone to print.

This personal detachment, a result of the perceived gap between mere civilian mortals and celebrity gods, is what gives people the gall to flog a dead horse, so easily recognized, yet totally unknown.

For the part Hutchence played in our lives, his

final performance in his hotel room, although likely intended to be private, has been a grand curtain call; perfect fodder for those who feed on celebrity misadventure.

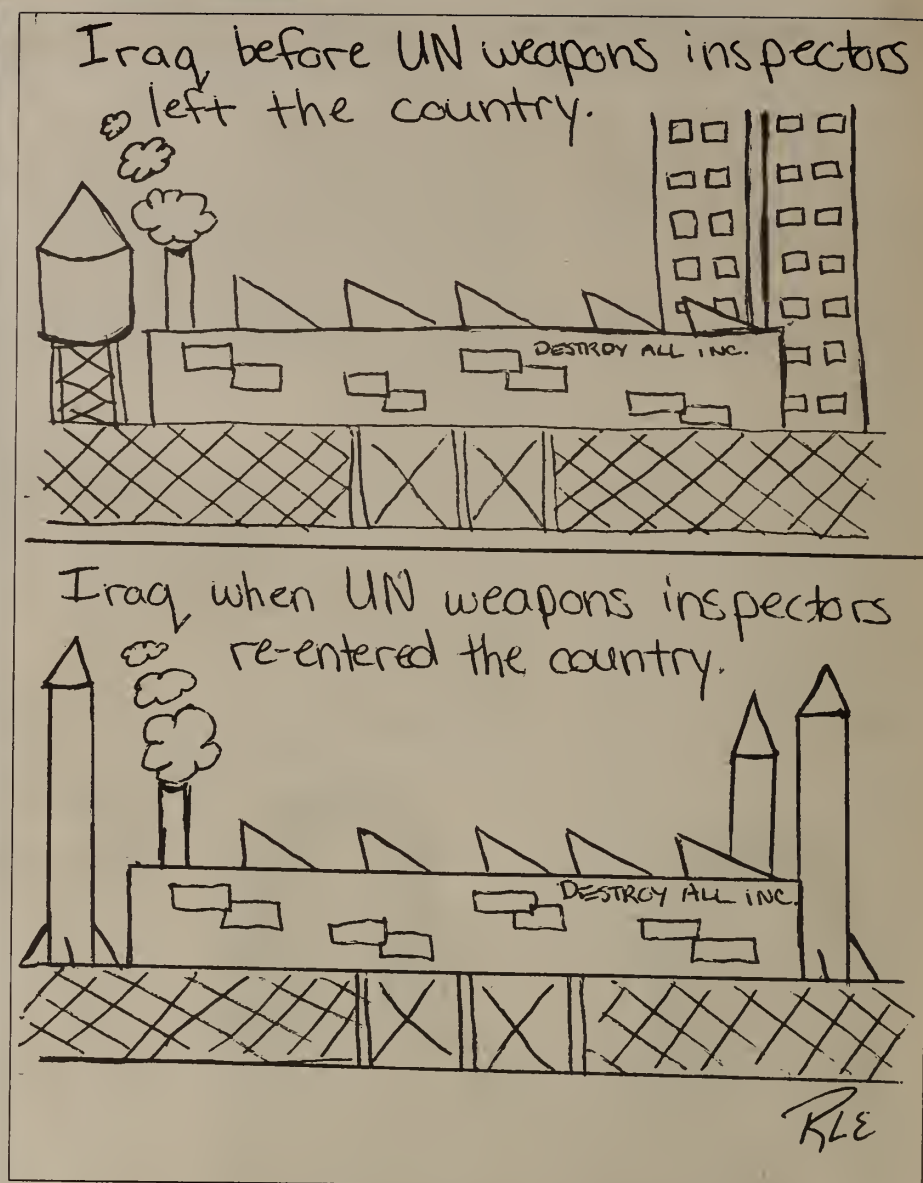
The jokes will fly so long as the speculation over the circumstances continues, and until the truth comes out defining the reality and spoiling the joke.

As the masses prepare for Christmas perhaps Elton John is putting the final remix on a song he might call Goodbye Australia's Rose. Shudder at the thought, that tribute would be best performed by Olivia Newton-John.

We want your opinion



Write to the editor



The war that made me eat salad

Recently, I have decided to take on a vegetarian diet.

By doing this, I have decided to deny my natural instincts as an omnivore.

Vegetarianism, however, is a growing trend in today's society for many reasons. I am not sure if my personal reasons are unique.

My decision, no matter how unnatural it seems, was in fact based on the long battle between Mother Nature and humankind. Here are some highlights:

Humankind: We humans have always presumed that the world was built for us.

God blessed them saying: "Be fertile and multiply; fill the earth and subdue it. Have dominion over the fish in the sea, the birds of the air, and all the living things that move on the earth." Genesis 1:28.

With this type of thinking, humans seized much of the earth, paved it over, and ostracized natural habitats. God, meanwhile, was unavailable for comment.

Mother Nature: With our atmosphere, the land, the sea and the food chain among others in her portfolio, Mother Nature made everything work out perfectly.

Her only mistake was to make humans intelligent enough to screw it up.

Humankind: We humans showed so much contempt for such things as the food chain, we threw our poor Mother out of office



Greg Bisch

along with her code of ethics. We named ourselves ultimate predator. Things no longer worked out perfectly and the earth suffered.

What led humans to think that only we deserved respect? Maybe it was the belief that humans have souls. If so, did birds, pigs and cows have souls as well? Some religions say they do, some say they don't.

Humans couldn't agree with or prove either idea.

Mother Nature: One thing known for sure, despite human beliefs, is Mother Nature's code of ethics worked. However, it was doubtful humankind would give up all the power taken from Mother Nature. CEO's pondered dropping everything and going back to walking around naked in the jungle. They decided against it.

Modern Day: So, if it is too late to go back, what do we do? Some researchers have figured out that our meat consumption is the most damaging thing we do to our environment. There are several reasons given for this. It takes many times more clear-cut land to raise a serving of steak than a serving of salad. As well, there are several other environmental concerns with the production, packaging and transportation of meat products. I believe, as unnatural as it seems, to be vegetarian is to give some respect back to nature.

SPOKE Keeping Conestoga College connected

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Editor: Ross Bragg; News editor: Rebecca Eby; College life editor: Lori-Ann Livingston;

Features and issues editor: Erica Ayliffe; Entertainment editor: Sarah Smith; Assistant entertainment editor: Rita Fatila;

Sports editor: L. Scott Nicholson; Assistant sports editor: Corina Hill;

Photo editors: Barbara Ateljevic, Jamie Yates; Production manager: Alison Shadbolt; Advertising manager: Corey Jubenville;

Circulation manager: Matt Harris; Faculty supervisors: Jim Hagarty, Bob Reid

SPOKE's address is 299 Doon Valley Dr., Room 4B15, Kitchener, Ontario, N2G 4M4.

Phone: 748-5366 Fax: 748-5971 E-mail: spoke@conestogac.on.ca

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Asking Conestoga students for stress relievers

Intoxication not necessary for relaxation

Doon students find creative
ways to relax

By Rachel Pearce

Final exams are just around the corner, and you might think most Conestoga students would be stressed out and climbing the walls.

Those who are critical of young people and generalize about college life might assume the majority of students will be celebrating the semester's end with booze, booze, and more booze.

But, according to an informal survey at Doon campus, about half of the students have plans that have little or nothing to do with alcohol.

"I'm going to make time for myself, maybe relax and watch a favorite movie," said Karen Ritchie, a first-year law and security administration student.

Her friend Deneatra Ford, another first-year LASA student, said she also just wants to relax.

"I usually either meditate to Mazzy Star or go to a club," she said. She added that her choice will depend on her stress level at the time.

Adam Gonsalves, a first-year computer programming analyst student, said, "The second thing I'm going to do is watch some hockey."

Gonsalves said even just watching hockey is a good way to relieve tension and get rid of aggression when he is stressed.

Fred Bossence, a third-year construction engineering stu-

dent, said he is going to use his time management skills and do things well in advance so he has plenty of time to study.

"People that don't do that end up cramming the night before," he said.

"They are the ones who are stressed."

"I'm going to party," said Patty Eckstein, a second-year business student who said she has eight exams to write, "and have fun, but stay out of trouble."

Eckstein said she is also looking forward to spending more time with her family.

"I get a babysitter to come in so I can just mellow," said Lilianne MacDougall, a first-year social work student. "Other than that, I just take it with the flow."

But there were still some students who plan on partying hard.

"It involves narcotics and alcohol," joked Joe Kozak, a second-year general arts and sciences student.

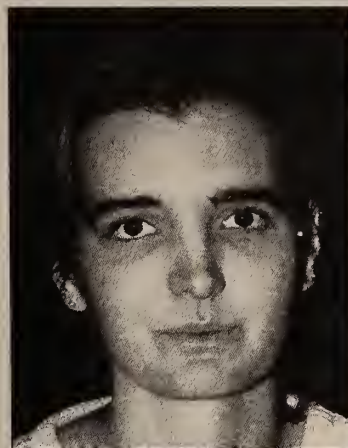
Kozak said he is going to party until he is sick before exams, so he will be more worried about recovering than how stressed out he might be.

Stacy Finnis and Ron Williams, both preparatory studies students, echoed Kozak's sentiments (minus any mention of narcotics).

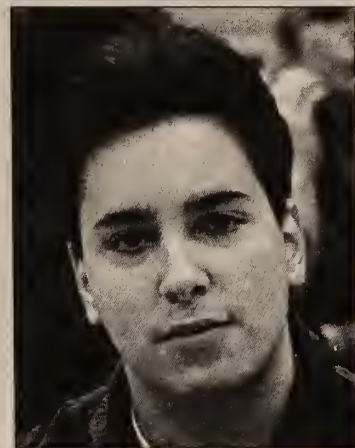
"We're going to drink," said Finnis, "Go to bars and party with friends."



Karen Ritchie
First-year law and security



Patty Eckstein
Second-year
business administration



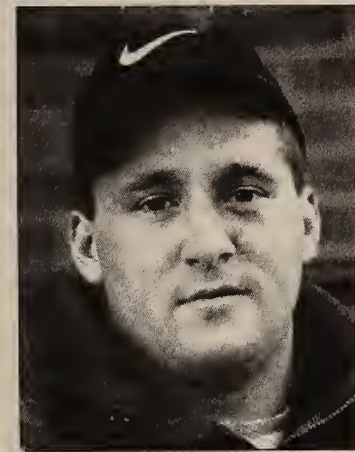
Adam Gonsalves
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Eating disorders not about food

'They are about the need to suppress negative feelings,' says therapist

By Erica Ayliffe

Eating disorders are not about food, according to a local therapist.

They are about the need to suppress negative feelings, said Colleen McMillan, whose clientele base at her private practise consists of 75 per cent of people with eating disorders.

These negative feelings can be stemmed from low self-esteem, poor family dynamics, society, gender differences, sexual abuse, media and competitive sports, to name a few, she said.

McMillan, who has her masters degree in social work, said gender differences play a significant role in developing an eating disorder.

"There has been research that shows that up until the age of 10, girls actually have a higher self-esteem than boys," she said. "Then, around Grade 7 and 8, that begins to change. Boys edge out and their self esteem goes up, and girls's goes down."

Around this time, girls feel they can't express themselves any more, said McMillan.

"Girls get messages that if you have an opinion, it's better to keep it to yourself, so you can be seen as nice. If we (girls) speak up and are vocal, we are labeled nags or bitches."

This attitude leads girls to crush their bad feelings.

"Because they are not given permission to express negative feelings, when they feel them, they panic and numb themselves with food," said McMillan.

This is not to say that males do not develop eating disorders, they do, said McMillan. In fact, she said 15 per cent of male high school students, compared to 44 per cent of female, are trying to lose weight. Men usually cope with these negative feelings through body building, steroids and muscle-building drinks, said McMillan.

Family dynamics play a role in eating disorders, by parents and



other family members reinforcing self-esteem and competence. If a family doesn't reinforce self-worth and has high expectations for a child, this can cause low self-confidence, said McMillan.

"The parents have expectations that the son or daughter can't meet. Because they can't possibly meet these expectations, they get a sense of failure. They equate that with 'I must be bad' and get into punitive behavior."

Punitive behavior for people with eating disorders is starving or purging. For example McMillan says, "I didn't do well on that test, I don't deserve to eat. I'm really angry at my boyfriend, but I can't tell him because that's not a good thing, so I have to get rid of this

anger orally."

So, having an eating disorder is a coping pattern, said McMillan. It has the same effect that alcohol and drugs have. Instead of using one of these substances, people with eating disorders use food.

Media becomes incorporated in eating disorders because people with an eating problem feel they have to be perfect, said McMillan. "They are the group that will identify with the super models. They feel that is what they should strive for."

An eating disorder is definitely a psychological disease, said McMillan.

"They have a very large perceptual distortion. They actually see themselves as being larger," she said.

McMillan said one female patient she was dealing with would actually hear different words than

what were being spoken to her.

"I was seeing someone who was bulimic," she said. "Whenever her friend told her she looked good, there was so much distortion, that she was hearing, 'You look fat'."

Sexual abuse is another factor in developing an eating disorder, said McMillan.

"Excessive eating or excessive weight gain is a defense around the abuse. If I'm really unattractive, I'm not being sexual. Or, if I lose a lot of weight, I'm going to be invisible and I'm not going to be attractive. It's a protection factor."

Excessive eating is a different type of eating disorder. Over-eaters eat to comfort and numb feelings, she said.

McMillan warned people not to get wrapped up in the labels of anorexia and bulimia because there are different types of eating disorders and disordered eating.

Statistics pointing to the number of people with anorexia and bulimia could actually be quite low, she said, because in order for people to receive that label they must meet a list of criteria in a diagnosis manual. "There is a whole range of people within those classifications, that have some characteristics, but not all of them. They really don't have an eating disorder that can be medically defined, but they do have disordered eating."

She also said that there isn't a typical age span for people with eating disorders.

People in the medical professions used to believe that only young girls from middle- to upper-class families developed eating disorders because of the high expectations placed on them from high-achieving parents, she said.

The disease is not just concentrated in western culture either, said McMillan.

The treatment for somebody with an eating disorder is mainly therapy. If a client is depressed they may receive anti-depressants so they can absorb the therapy, she said. There is no typical length for a treatment. In fact, McMillan said people with eating disorders are never 100 per cent cured. Like alcoholics, they could fall back into the pattern.

Modelling agent blames disorders on fashion industry

By L.A. Livingston

There may be a possible connection between images of ultra-thin, beautiful models in advertising and the media, and the number of women who have eating disorders, said the director of a Kitchener modelling agency.

Frank Butrym, director of Team Fashion agency, said the ones to blame are the designers.

"The clothes do look better on taller, thinner people. The model is supposed to be a walking clotheshanger. (The clothes) are designed that way, and the camera adds seven to 10 lbs," he said.

"Cindy Crawford is not thin. She's not skinny — she's healthy. She's healthier than a lot of people, and she works out every day."

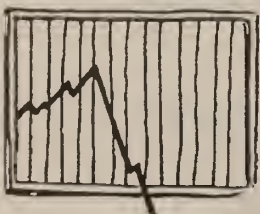
He said teenagers aspire to be like someone else. "The problem that most kids see — the only fashion shows they see, people getting into modelling, for example, or wanting to be models — they see all the things from Fashion Television, from Paris and Milan and New York. They don't see the other people who are doing a lot of other modelling assignments who aren't that thin," Butrym said.

He said he has never seen any young women with eating disorders in modelling in the 10 years he has been in the business. Young women are told when they enter the agency not to do anything drastic or overly dramatic, he said.

"We want to make sure everybody eats healthy. Everybody has a certain body type and has a certain 'safe zone', like within about five lbs. of where they should be — a comfort zone, and that's where they should be for their modelling," he said. "Just make sure you're in the best shape possible for your body type."

Image and body size get blown out of proportion in a negative manner, he said, but a lot of models get into the business because they can eat a lot and not gain weight.

Butrym said the average age of the models in his agency is 15, and nearly all of them are female. "It's not a guy thing. There's not the fantasy involved with it (for men)," he said.



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DISORDERS

Homewood addresses eating disorders

By Amy Sonnenberg

There is help available for people suffering from eating disorders at Homewood Health Centre in Guelph.

"We are an in-patient treatment facility that services men and women with either anorexia nervosa or bulimia nervosa, 16 years of age and older," said April Gates, a social worker and eating disorder program coordinator at Homewood.

Gates added that, while they have several focuses in the program, they simply start with the basics.

"The minute the person walks in the door, we want to get their proper nutrition established." This consists of a 1,500 calorie per day diet, in three meals and three snacks, she said. Supervision is provided to ensure anorexics eat their meals and to keep bulimics from purging. Eventually, the patients are trusted on their own. "We encourage self-responsibility as time goes on," Gates said.

Homewood also stresses physical activity, she said, starting with strength training and toning and eventually walking and other exercises.

Aside from the physical, "we address emotional and psychological issues to a variety of different groups," Gates said.

Some of the programs include: stress management, self-esteem, body-esteem, assertiveness training, spirituality, grief and loss, finding your emotional voice, goal-setting, planning for recovery, relapse prevention, nutrition, trauma and recreation and fitness, which is supervised team sports.

Each potential Homewood patient must complete a process before being admitted.

"We prefer a doctor's referral, although we will accept a therapist's referral with a doctor's support," Gates said. Homewood requires doctors' involvement because blood work and an electrocardiogram is needed for admission, and only doctors can order those. The potential patient then fills out some forms and has his or her doctor fill out the rest. These forms are sent to a team which assesses the situation, and the potential patient is then put on a waiting list.

Gates said that out of the 18 beds in Homewood, 14 are for

people with private or semi-private insurance, and the waiting list is about two to three months.

The other four beds are paid for by OHIP, and the wait for those can be up to a year. However, if a patient wants to pay out of his or her own pocket, they may, and will be put on the private/semi-private waiting list at a cost of \$145 a day.

"For a bulimic, the average stay is about seven weeks," Gates said. However, an anorexic's stay can vary. "It could be months," Gates explained that anorexics are not released until they reach a healthy body weight, which is determined by the Body Mass Index. This is a chart that shows the range of healthy weight for every height, and a 20 on this chart indicates the lowest weight a patient can be to be released.

Gates said it's important for these people to get professional help.

"Overall, about 15 to 20 per cent of all anorexics and bulimics die from eating disorders or related conditions."

Such conditions can be suicide, since people with eating disorders are often very depressed.

Many people have to experience serious situations before they go for help, Gates said.

"Unfortunately, some people have to hit a low before they realize, 'Hey, this isn't good.'" She added some people have to be hospitalized before they realize they need treatment.

Watching someone go through this can be very hard for friends and relatives. That's why Homewood is working on a friends and family support group which will hopefully be ready for next year, Gates said.

"Friends and family should get support," she added, "because it can leave you feeling helpless and frustrated. It's good if you can have some people to talk to."

Gates suggested if you think you or a friend has an eating disorder to go to the school health office or see your family doctor.

She even suggested to call her at Homewood weekdays between 9 a.m. and 5 p.m. at (519) 824-1010 extension 292, or call anytime and leave a message.



Anorexia is a growing problem among men today.

(Photo by Erica Ayliffe)

Number of males with an eating disorder increasing

Eating disorders a problem not just confined to women

By Casey Johnson

There is very little written on the topic of men and eating disorders, said the National Eating Disorder Information Centre (NEDIC) newsletter.

Although most eating disorders are most common in women, there have been reported cases of males suffering from the disease as well, said Renee Ash, a support worker with NEDIC.

"There seems to be more males with eating disorders now than in recent years," she said. "In the past two or three years, specifically, we have received more calls from men who suffer from an eating disorder."

NEDIC, which helps people with questions about eating disorders by phone, mail or walk in, usually helps about 90 to 95 per cent women and five to 10 per cent men, said Ash.

For every 20 female cases of anorexia reported, there is one male case, said D. Blake Woodside M.D. in NEDIC's newsletter, the Bulletin. For every 10 female cases of bulimia reported, one male case is reported.

Woodside said, "Questions are often raised about the predisposing and initiating factors present in men with eating disorders. In a sample of approximately 100 men with eating disorders, there is a fairly high percentage of men who

develop dieting behaviours as a consequence of involvement in an athletic activity.

"In one case, the development of bulimia nervosa in an athlete followed the amputation of a foot after a motorcycle accident. For this young man, not only did he gain weight once less physically active, but he also had to cope with a significant loss in terms of his personal identity."

Competition in different sports has led to the speculation of eating disorders, said Woodside. If a sport requires the athlete to be a specific weight, then the athlete may diet or develop an eating disorder in order to maintain his weight.

Although, according to Woodside, these particular cases may be sporadic, meaning they may only take place during a specific competition and may not be habitual all year long.

Another observation Woodside said is, "Many individuals have suggested that men with a homosexual orientation are more at risk to develop an eating disorder, this being related to an apparent increased emphasis on slimness amongst homosexual men compared to heterosexual men." However, Woodside adds, "there is significant controversy about this issue."

Disagreeing with the controversy, Miles Cohen M.D. states in an

article in the Bulletin that men and particularly gay men are sometimes very vulnerable to eating disorders.

He said, "The combination of growing up feeling excluded and shunned, longing for acceptance and love on the one hand, and a culture strongly linking acceptance and love with a particular physical appearance on the other hand, creates enormous pressure to attain that ideal body. This great emphasis on appearance increases the vulnerability of gay men to body-dissatisfaction and the attitudes and behaviours associated with eating disorders."

A main factor in the situation, Woodside said, is that men as a whole may be less willing to seek treatment for an illness that is usually associated with women.

Cohen agreed, stating, "It is clear that most gay men do not seek treatment for their difficulties. Eating disorders are also perceived to be a women's problem, not something that affects gay men, thus the stigma of having a 'women's illness' when trying to create an aura of masculinity would be great, meaning difficult."

In conclusion, both doctors agree that there is a growing problem regarding men, and especially gay men, and eating disorders.

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Sports



Above — Condors' head coach Kevin Hergott (left) and assistant coach Gary Thiel keep an eye on the action in front of the Condor net. (Photo by L. Scott Nicholson)

Right — Chad Schlei (left) and Rob Santos clean up glass after two players shattered it. (Photo by L. Scott Nicholson)

Below right — Conestoga Condor Jason Snyder lines up for a face-off Nov. 22. (Photo by Corina Hill)



Condors undefeated

Conestoga squeaks past the Sault Cougars, 4 - 3

By Corina Hill

Helmets, sticks and players were flying when the Conestoga Condors faced off against the Sault College Cougars Nov. 22.

Sault led for the majority of the game until the Condors came back in the third period to win 4-3.

The game played at the Kenneth E. Hunter Recreation Centre was riddled with penalties. The Condors were sent to the penalty box six times in the first period.

Sault captain Kevin McCarthy scored early in the game with an assist by Chris Muldowney.

Sault's second goal of the game came when Arlo Sobiski scored after a pass from Casey Martin.

The Condors were unable to respond to the goals, leaving the score at the end of the first period 2-0 for the Cougars.

Condor goalie Darryl Whyte was unable to stop a shot by Muldowney early in the second period. Muldowney's goal was assisted by Jason McLean and Kevin McCarthy.

Assistant captain Darryl Sinclair stick-handled his way around Cougar goaltender Mike Morelli to earn the Condors first goal of the game, bringing the score up to 3-1 for the Cougars. Sinclair's goal was assisted by Matt Goodburn and Greg Collins.

The Condors took advantage of Sault's violent nature during the second period. After allowing a Cougar player to hit him, Goodburn refused to hit the player back. Cougar Mike Rose was sent to the penalty box for roughing.

Shortly after Rose was sent to the penalty box, Dan Tice was given a 10-minute misconduct. The Cougar player was penalized after an altercation in

front of the net.

Goodburn had his moment to shine when he received a pass from Mike Traynor. Goodburn sneaked past a defenceman to pop a goal in the corner of the net.

A scuffle after the whistle prompted referee Gary Johnston to give Condor Jeremy Snider and Rose penalties for roughing.

The Condors would not see the penalty box for the rest of the game, yet the Cougars had five more penalties.

Sault player Jason McLean had to be helped off the ice by several players and his team's trainer. McLean was later taken to the hospital by ambulance.

One of the Condor's scoring leaders, Chris Palubski, tied the game at the end of the second period with a slapshot to the top corner of the net. His goal was assisted by Sinclair and Sean Murray.

Murray had a chance against Sault's goalie early into the third period. Murray was on a break-away when a Cougar player interfered. Murray was awarded a penalty shot, but Morelli made the save.

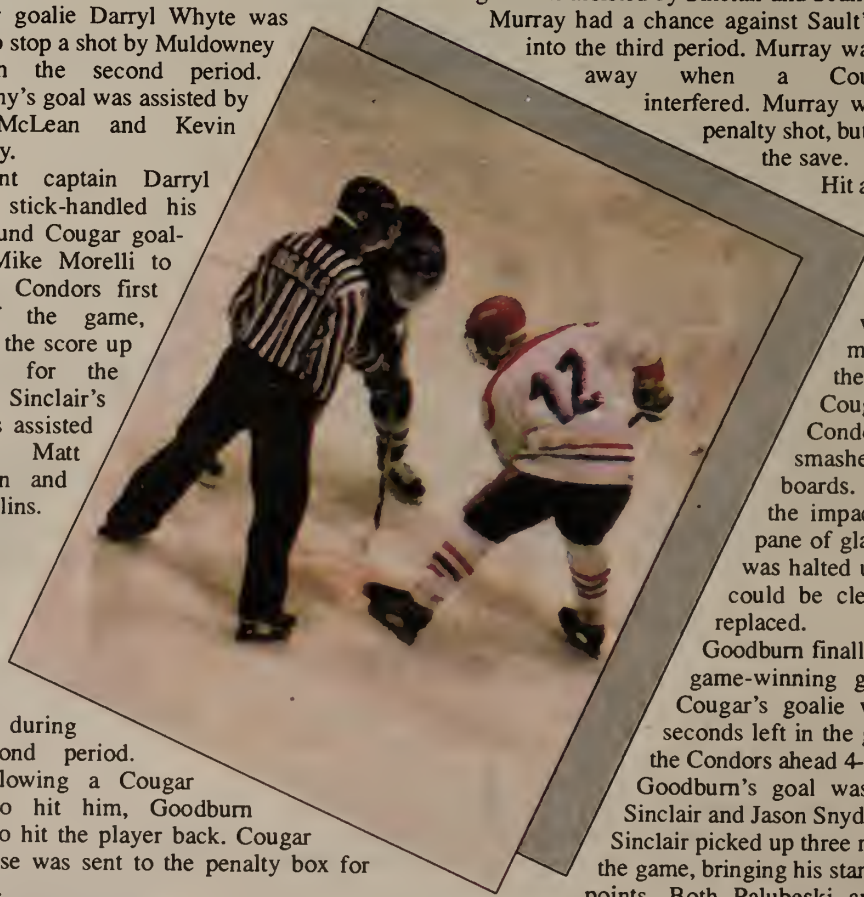
Hit after hit, something had to give way.

The crowd roared when, with seven minutes left in the game, a Cougar player and Condor player smashed into the boards. The force of the impact shattered a pane of glass. The game was halted until the glass could be cleaned up and replaced.

Goodburn finally sneaked the game-winning goal past the Cougar's goalie with only 37 seconds left in the game, putting the Condors ahead 4-3.

Goodburn's goal was assisted by Sinclair and Jason Snyder.

Sinclair picked up three more points in the game, bringing his standing up to 19 points. Both Palubski and Goodburn now have 14 points. All three are leading the individual points race in the Ontario College's Athletic Association.



Children's Wish Tree

**Students Helping Students
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**Purchase a Gift for the
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Wish Tree is located
outside the DSA Office
Nov. 17 - Dec. 5**



Condor and Cougar players mix it up behind the net during play at the Recreation Centre Nov. 22.
(Photo by Corina Hill)



Condor Jason Snyder spends some time in the penalty box during the second period.
(Photo by L.Scott Nicholson)



Referee Gary Johnston discusses a call with linesmen Kelly Ingalls and Mike Stowe during the second period intermission.
(Photo by L.Scott Nicholson)

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Jock Talk

Galt arena refitted for local hockey's next age

By Dan Meagher

No more hunched over players below the angled ceilings in the dressing rooms, no more lifeless thud when the puck hits the boards, and no more shadows cast across the ice surface.

Nov. 21 was nostalgia night at the Galt Arena Gardens as fans young and old turned out for the building's gala re-opening.

Actually, the arena never really closed, and boasts being the "oldest operating arena in the world," on a banner inside the facility.

Having opened on Jan. 20, 1922, the arena is celebrating its 75th anniversary and has recently swung back into full operation after undergoing extensive renovations.

A debate raged through Cambridge city council regarding whether to pour more money into the decrepit old arena or to build a new one.

Fans of the venerable old brick structure won out.

"I've been coming here since 1963, when the Hornets were really doing well," said Wayne Power of Cambridge, in reference to the Senior 'A' Cambridge Hornets, who were playing an exhibition game against the Cambridge Firefighters on this night.

Power noted that he really likes what they've done with the building.

"Now I have a nephew playing for the (Junior 'B') Winter Hawks, so it keeps me coming back," he said.

Fans at the game remember a dark, cramped old building with poor ice and rickety old boards.

Structural engineer Adrian Wright, who worked on the renovations, is quite proud of the solutions that were found for those problems.

"The rink, the boards and the seats are all the latest technology," he said.

"Yet, they tried not to use too many bright colors and they really tried to keep the old feel of the building."

The brighter, more spacious feel to the arena is immediately noticeable to anyone who spent any time at the old place.

The Gardens took the lead of several other newer facilities in its attempt to cater more to the spectators, under the principle that it's better to have a comfortable building than a large capacity.

Approximately 500 seats were lost in the renovations, reducing the seating capacity to 1,100, but the extra width above the seats now leaves room for 700 standing room tickets.

Not only were the aisles widened, but the false, silver-lined roof was removed and the original wood grain was sand-blasted to retain its natural look, Wright said.

A glassed-in restaurant area was added to the south end of the arena and the dressing room areas were expanded, as evidenced by the extended outer walls of the arena.

On a night when most of the 1,200 fans were longing for the return of Senior 'A' hockey to Cambridge, Wright couldn't help look at the refurbished structure like a proud father.

When asked if the arena will be here for another 75 years, Wright simply smiled and said "Oh yeah."

Send Maple Leafs a message: Don't pay for dismal performance

If the Toronto Maple Leafs got any worse, I would seriously consider trying out for the team next year. This team is so bad they make the Chicago Blackhawks look good, and that's pretty bad.

Leaf president and general manager Ken Dryden recently said, despite the Leafs' horrendous record, this year's goal was still to make the playoffs.

Does anyone really believe the Leafs are going to make the playoffs this year? If you do, I have a bridge that's for sale.

Let's look at the situation. The captain of the team, Mats Sundin, is in a deep slump this year, and has never shown the kind of leadership necessary to make a run at the cup. He should go.

The forwards, for the most part, are so laughable that if you played them against the Kitchener Rangers, I'd bet on the Rangers.

Todd Warriner, Darby Hendrickson et al just don't make the cut for a winning team. And Leaf prospects don't look much better. They should go.

The defense is sloppy and lax. Jamie Macoun just played his 1,000th game, it should have been his retirement game. His lack of speed, aggression and foresight have cost the Leafs plenty in the past, and no doubt will continue in the future.

The juniors on the blue line look



Corey Jubenville

like they should be back in the OHL.

They don't clear the zone in front of the net and they don't clear the zone when they should, instead opting to try fancy manoeuvres which often backfire. They should go. As for the netminder, Felix Potvin, he's gone

from being one of the premier goalies to double-A calibre. And the soft goal from centre ice against St. Louis Nov. 19 speaks to this.

He has either become the biggest sieve, or he's letting them in on purpose so he will be traded.

Then there's the coach, Mike Murphy. Despite his circumstances, he has failed to demonstrate the ability to build a new and better team, let alone a championship winning team.

Boycott all Leaf games until Stavro puts more money into this team and acquires some talent.

He talks about how his players aren't giving enough, but he can't seem to fix the problem. He is impotent, a eunuch in the hockey world. He should go.

Lastly there is the owner, Steve Stavro.

This man is the reincarnation of Harold Ballard. He raises ticket prices, he says, to improve the team. Then he cuts the player payroll by around \$5 million.

To top it off, he takes a souvenir share from the Leafs out of the hands of a little kid, who got the share as a present from his grandfather. I wouldn't cry if he joined Ballard.

So who should stay? In all honesty, the only good move the Leafs have made this season is to get Ken Dryden on board. He is well respected, intelligent and knowledgeable.

The fate of this club rests on his shoulders. However, even he might not be able to help if he has to fight with Stavro.

The situation has become so bad, that even long time Leaf fans are publicly making fun of how bad their team is.

Such a situation would never be tolerated in Montreal. If the Habs got this bad, people would burn the Molson Centre to the ground.

OK, maybe such drastic action isn't needed in Toronto. But the fans need to send a message to Stavro, and the way to tell him to smarten up is to hit him where it hurts. Boycott all Leaf games until he puts more money into this team and acquires some talent.

Although it's unlikely to happen, empty seats in the Gardens may be the only way for fans to tell Stavro what they really think about this team.

MEN'S HOCKEY

LEAGUE STANDINGS

TEAM	GP	W	L	T	PTS
Conestoga	5	5	0	0	10
Cambrian	3	3	0	0	6
Seneca	5	3	2	0	6
S.S. Fleming	5	2	3	0	4
Boreal	5	1	4	0	2
Sault	7	1	6	0	2

LEAGUE RESULTS

Nov. 21	Sault 1	Seneca 5
Nov. 22	S.S. Fleming 4	Cambrian 7
Nov. 22	Sault 3	Conestoga 4
Nov. 23	S.S. Fleming 10	Boreal 7

INDIVIDUAL STANDINGS

NAME	TEAM	GP	PTS
Darryl Sinclair	CON	5	19
Chris Palubeski	CON	5	14
Matt Goodburn	CON	5	14
Jeff Kilb	SEN	5	10
Geoff Smith	SEN	5	8
Tadum Neuman	SSF	5	8
Trevor Meyer	CAM	3	8

TOP 5

CCAA MEN'S HOCKEY NATIONAL RANKINGS

1. Cambrian Golden Shield (Ont) (1)
 2. SAIT Trojans (AB) (3)
 3. Conestoga Condors (Ont) (4)
 4. Mount Royal Tigers (AB) (5)
 5. NAIT Ooks (AB) (2)
- () -- Indicates previous week's ranking

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Jacqueline Torres, Cameron Daddo and Christina Cox

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december 1, 1997

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Thurs. Dec. 4 -
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Frí. Dec. 5-
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More information available
at the DSA Office



Hey!



When Arden wasn't telling jokes she was displaying her musical talents

If ever anyone has an opportunity to see Jann Arden live, don't miss the chance because she is absolutely wonderful.

Library places art in focus

by Natalie Schneider

If you're a closet photographer or artist and looking for a place to display your masterpieces, an excellent opportunity to get recognition in the Kitchener-Waterloo community is with the In Focus exhibition. The exhibition is an ongoing event held at the Kitchener Public Library, 85 Queen St. N., which focuses on photography, artwork and film.

This month the KPL is featuring In the Land of the Belongers, an exhibit showcasing local artist Janet Smith's photographs. The images portray the people and places in the Turks and Caicos Islands of Grand Turk and Salt Clay. The majority of the exceptional photographs are done in black and white, but there about four photos done in color. Her exhibit started on Nov. 18 and runs until Jan. 10.

Most of the shows run for a period of a month. The In Focus exhibition is part of the community programs at the KPL which focus on exposing local talents in the community, said Mike Wert, manager of the In Focus program.

"We view the library not just as a place with books, but as a place that is part of the community. It's not only a nice feature for the public that are using the building, but it's also a chance for artists, like Janet, to have some exposure and to get something on their resume," said Wert. "It's a starting point. I like to bring artists in to give them a chance to have their work exposed to the public."

The In Focus series began three years ago, but only recently was the gallery system installed. Besides the gallery exhibits, one-night features on photography are also held. In the past, programs on the ethics of nature photography and creative concepts involving photography have been held.

Wert said his involvement in the arts community helps him find dif-



ferent artists to display their work at the gallery.

"It works both ways - sometimes people find out about what we're doing and they approach us, or we read about them and call them. I don't have a stampede of people wanting to get into the program, but since we've been doing the exhibitions, I've already filled up spaces up until next fall, so this is becoming popular," said Wert.

Surprisingly, not a lot of students have showcased their work at the gallery, but Wert said he would like to get more students involved.

"I don't know whether it's just that they don't know about it, that we're not reaching them. You have

to start somewhere and you will learn by exposing your work to other people. That's what we're trying to do here. I want people to be inspired by what other people are doing," said Wert.

"I do think some of the people that we bring in to do programs in these areas are excellent mentors for a lot of people who are starting out. The most important thing is that people who come to these programs have an opportunity to meet the artists and talk to them. Often they're very generous with their advice."

There is virtually no cost for the artist displaying their work or people viewing the work.

"We look upon that as part of our program mandate, which is to help artists. We're not here to capitalize, we're an avenue for them. We want to see these people do well as a result of being here, or at least get a start, something to build on," said Wert.

One of the better known local artists who has showcased his work at the KPL is Wadie El Mahdy.

Mahdy has work displayed all over the world and is an internationally renowned artist.

Other high-profile names exhibited are filmmaker Norm Lightfoot, professional nature photographer Derek Kirkland, filmmaker Gary Ledbetter and Randy Butcher who owns Crystal Film Inc.

Anyone interested in having their photographs, art, films or graphics displayed, contact Mike Wert at 579-2382.



Stars shine in Mad City

In *Mad City*, John Travolta once again demonstrates his tremendous versatility as an actor. He plays Sam Bailey, an uneducated security guard who accidentally takes a museum hostage.

When Bailey's dreams of flying for the U.S. Air Force are crushed by his admitted lack of intelligence ("Rumor has it I'm not too bright," he tells Max Brackett (Dustin Hoffman)), he gets a security job at a small-town natural history museum.

Then budget cuts strike and Bailey is out of a job. Terrified his wife and children will end up on the streets, Bailey decides his only hope is to plead with the curator to be reinstated. He also decides the only way to make her listen is to take along a gun and some dynamite.

Enter Oscar-winner Hoffman as Brackett, an ambitious television reporter banished to a backwater station for challenging another reporter's ethics on the air. He arrives at the museum to cover the job losses with an impressionable intern, Laurie, played by Mia Kirshner of *Murder in the First*.

Brackett is in the washroom when Bailey's gun accidentally goes off, seriously wounding the remaining security guard.

In a panic, Bailey finds himself locking the museum doors and taking the visitors and curator hostage.

Brackett begins to manipulate the situation to form a story that will ensure his return to network

outside the doors.

It is against this backdrop that screenwriter Tom Matthews and Academy Award-winning director Constantin Costa-Gavras raise questions that have been on many minds since the death of Diana, Princess of Wales.

They are questions about ethical reporting, media bias, whether journalists should remain separate or become involved in their stories, the trend away from traditional journalism and towards entertainment reporting, and whether there is a single truth to be reported.

According to *Mad City's* publicity material, Matthews began writing the script after the Branch Davidian confrontation in Waco, Tex. He was disturbed by the fact that, weeks into the standoff, the media ran out of facts and began to report rumors and speculation.

Matthews, a former journalist and Hollywood publicist, brings an insight into the way television news is put together that is an essential aspect of *Mad City*.

Hoffman and Travolta have great chemistry and make a fascinating movie out of one that might have been slow and preachy with less-accomplished actors.

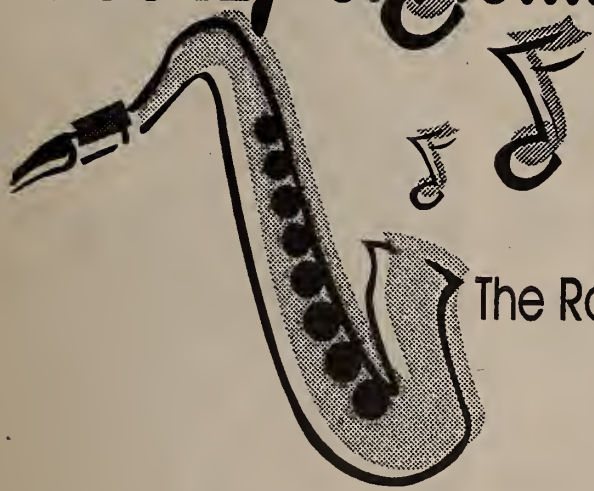
Travolta proves that his recent comeback, with movies like *Pulp Fiction* and *Face Off*, is well deserved.

by Alisón Shadbolt

Hey!

news, and a media circus gathers

A Jazzy Christmas Nooner



Featuring
The Robin Munro Group

Thurs. Dec. 4

11:30 am & 12:45 pm

The Sanctuary



Dec. 1 — 1997



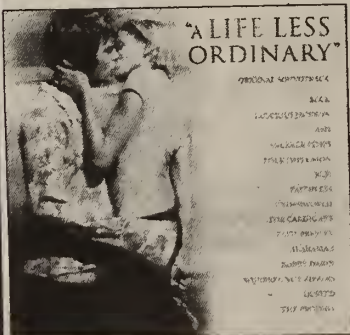
Movie soundtrack has musical variety

by Natalie Schneider

When buying a movie soundtrack, it seems there is always one song that possesses you to go out and buy it. While the good thing about that is you're guaranteed to get exactly what you want, a lot of excess baggage tends to come along with it.

The soundtrack for *A Life Less Ordinary* has excellent tracks on it, but there are a few songs that are completely cata- tonic.

The title track, performed by Ash, is a prime example of just that - file under boring. The song sounds like a bunch of adolescent boys practicing in their garage band, trying to



impress the girls next door.

Another sour point to the soundtrack is Don't Leave by Faithless. Leaving is exactly what I'm tempted to do when listening to this song. However, this is a great song for those who love cheesy love ballads. To each their own.

Then there's Peace in the Valley performed by Alabama 3, featuring Errol Thompson. I don't know about anybody else, but I can't get into the road-house blues vibe. Line dancing anyone?

Besides a few undesirable songs, there is a great variety of excellent songs. The first song on the soundtrack, Beck's

Deadweight is a sweet escape. The man just screams funk. If anything, Beck is somewhat like the Dr. Seuss of the music industry. His offbeat lyrics mishmashed together with electronic mixes produce nothing but pure funk and exceptional originality. Even if they tried, no one could come close to getting Beck's edge.

On a different scale is Bobby Darin's Beyond the Sea. It's an amazing track, reminiscent of what good lounge music is all about, and a timeless song, something that will probably never get tired.

The soundtrack also has a welcome appearance by REM. Lately, REM has not met its full potential. Does *Monster* ring a bell? But, the song Leave, performed by REM, demonstrates they've obviously given it the old college try. Lyrics such as "Nothing could bring me closer. Nothing could bring me near. Where is the road I follow to leave? It's under my feet. The sea spread out there before me," are sung beautifully and hauntingly by Michael Stipe.

The soundtrack truly goes out with a bang. The last track, Full Throttle by The Prodigy, ends the disc in style. To appreciate this song to its fullest, turn your volume knob a full 360 degrees to the right.

The mixture of songs is truly an advantage to the 15-track disc. It lets you sample a wide array of different music styles. The King of Rock 'n' Roll also makes an appearance on this CD, crooning the ever popular Always On My Mind.

If you're extremely particular about the type of music you buy, don't get the soundtrack.

If you like to have a sample of different sounds and styles, you can't lose out here.

The big Apple



by Sarah Smith

At 20 years of age, Fiona Apple demonstrates incredible talent and intensity in her debut album, *Tidal*.

Not only does she deliver the songs in a powerful, poetic manner, she is also the writer of each piece and plays the accompanying piano. The results are impressive. *Tidal* offers listeners a mix of slow and heavy to grooving and haunting tunes.

The tiny Apple delivers a mighty message. Despite her young age, Apple is familiar with many of the complexities of human experiences. An abusive childhood and uncomfortable high school existence have contributed to a jaded, searching approach in her songs.

While obviously biased, press notes accompanying the release are accurate in their statement: "This young diva takes listeners on an intense journey through a world of love, loss, scorn and

sorrow in a manner as much painterly as it is poetic."

The song lyrics are reminiscent of Alanis Morissette or Sinead O'Connor in their discussions with or about errant lovers, but the words are not as angry and are more subdued. "Oh your love gives me a heart contusion/ Adagio breezes fill my skin with sudden red/Your hungry flirt borders intrusion/I'm building memories on things we have not said."

The complexities and dichotomies of human relationships are also themes, as Apple looks at the eternal issue of differences between men and women.

"I've been a bad, bad girl/I've been careless with a delicate man/ And it's a sad, sad world/When a girl can break a boy/Just because she can," sings Apple in Criminal.

The imagery is also strong, as in her hit single, Shadowboxer.

"You made me a shadowboxer, baby/

I wanna be ready for what you do/I been swinging all around me/'Cause I don't know when you're gonna make your move. Like Tori Amos, Apple makes good use of the piano to carry along most songs.

The playing is admirable, from pounding chords to light touches. Her instruments, such as a chamberlain, tack piano, vibraphone, pedal steel guitar, marimba, violin and cello are, also played by others to make for a rich, lyrical ensemble of songs.

Apple's voice ranges from quiet whispers to powerful cries, conveying the emotion and message of her tunes. Hers is a low voice, and the heavy tones can become a little wearing during the slower songs, as in the aptly titled Sullen Girl and Slow Like Honey. However, *Tidal* is not necessarily an uplifting album, but one that soothes and enraptures.

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Hey!

Forget *The Pest*, this man's a *Freak*

If you're going to spend money on John Leguizamo's work, forget *The Pest* and pick up his new book, *Freak*.

While fans may know the actor from movies like *The Pest*, *Spawn*, *To Wong Foo* and *Romeo and Juliet*, Leguizamo has also written two off-Broadway shows: *Mambo Mouth* and *Spic-O-Rama*. *Freak* was the actor's first Broadway show and

proved so successful Leguizamo and his writing partner, David Bar Katz, decided to release it as a book. The book version of *Freak* contains narratives that had to be cut from the Broadway version due to time limitations.

Described as a "semi-demi-quasi-pseudo autobiography", *Freak* is loosely based on the actor's childhood in the poor neighborhoods in Queens, New York. Leguizamo skillfully gives sketches of his family: his cousin Speedy ("he's that shirtless Latin guy you see on *Cops* every week"), his uncle Sammy ("a triple threat - Latin, gay and deaf") and his Grama Dulce, a woman with "powerful beliefs, like *The Exorcist* was actually a documentary and that since there were no Latin people on *Star Trek* it was proof they weren't planning on having us around for the future."

But it's Leguizamo's relationship with his father that makes up most of the book. Leguizamo reveals his father's distant, abusive and alcoholic personality and makes it funny, which is a feat. But he also shows other sides of his father, a Puerto Rican immigrant trying to make it through various schemes who tells his family he's the head waiter at a

fancy French restaurant when he's really just the dishwasher.

Leguizamo handles nicely the pathos of his father's struggles, but it's the scenes of domestic violence where the author's talent shines. Readers who laugh when they're afraid will enjoy dialogue like, "Yo, Poochie — Moms ain't doing so well. We got to double team him. You go in there and kick the s—t out of him. And I'm a live-on to tell the brave tale of how a 'weak little fat boy' stood up to a ferocious maniac killer."

Leguizamo also explores the ethnic groups he grew up with, titling one chapter Guido-rama and making observations like, "Then 10 or 15 of her hooligan brothers circled me, proof that the rhythm method doesn't work in the Irish community."

While most observations are about Latinos, only one chapter deals blatantly with Latin identity. In *College Fiasco*, Leguizamo passes for white to get into a fraternity, only to meet up with a "militant orthodox feminist vegan radical Latino separatist."

Leguizamo spoofs more politically aware Latinos by describing how he called a Chicano "Hispanic," only to be told, "It's Latino, you colonized eunuch! Hispanic is the slave name given to us by the Spaniards in Iberia, and Iberia is Phoenician for land of the

rabbits. And do I look like a rabbit to you? Do you think you look like a furry rabbit, ese?"

Told in a series of vignettes that are entire stories in themselves, *Freak* is similar to Sandra Cisneros' *House on Mango Street*, except that Leguizamo spends half the book talking about his penis. I could prove that, but this is a family newspaper so just take my word.

Besides the Latin, poverty, domestic violence and penis themes, Leguizamo also describes his start on the road to acting, facing casting stereotypes and directors who tell him, "More Latino. I want to feel the agony and patheticness of your people."

The last scene in *Freak*, backstage at Leguizamo's first play, ties everything in Leguizamo's life together. As a Latin actor, the only role he's given is as a junkie. While he practices behind a shower curtain, his father comes into the room and the two engage in a touching dialogue that probably never happened but ends the book nicely.

Freak, for all of its incredibly funny and poignant writing, is only 125 pages, many of which are taken up with the same picture of Leguizamo. But don't blanch when asked to pay almost \$30 for this tiny book — it's worth the combined admission prices to all of Leguizamo's films.

Cutting Mike some slack

With *Promised Land: Inside the Mike Harris Revolution*, John Ibbitson almost accomplishes the impossible.

He almost makes you like Mike Harris.

Oh sure, polls are always saying Mike continues to enjoy unbridled popularity, but look at newspaper headlines. To many people, Mike Harris and Satan have a lot in common.

But in *Promised Land*, Ibbitson's documentation of the Common Sense Revolution, even the staunchest New Democratic Party supporter will be able to see things Mike's way — when it comes to numbers anyways. In fact, Ibbitson even provides evidence of parts of Harris' policies the NDP had considered while in power.

While that may be surprising, it's only the beginning of the surprises Ibbitson unleashes in *Promised Land*. While reconstructing the scenes during the first few days of the Tories' 1995 victory, Ibbitson reveals that part of the easy transition to power Harris et al made was due to the outgoing NDP. After scrambling to come to terms with their new bureaucracy in 1990, the NDP vowed to never let any party go through the same confusion and set up a transition team to help whoever kicked them out.

Another revelation is how much the nameless, unelected bureaucracy of deputy ministers had to do with the government's agenda. Ibbitson blames bureaucrats for the Omnibus Bill, since the deputy minister had direct contact with the premier, while the ministers, who had to face the scrums, were left in the dark about their own policies.

This is not the only Harris government folly Ibbitson writes about. Although, largely sympathetic, *Promised Land* is not afraid to point out the flaws where it sees them. The premier and several ministers, like John Snobelen, are criticized for their tendencies to think out loud in front of reporters, resulting in ill-planned

comments about hula hoops and baloney diets. Former speaker of the house, Al Leach, and David Tsibouchis, ex-community and social services minister, are roasted for their inept performances in parliament. Ibbitson goes on, during a chapter on the cabinet shuffle, to suggest the dismissal of Brenda Elliot from the Ministry of the Environment was due to gender and to dish the dirt on renegade Speaker of the House Chris Stockwell.

However, that is as gossipy as *Promised Land* gets. In a press release for the book, number two of "The 10 Things You Need to Know about the Mike Harris Revolution" is the relationship between Harris and his first wife. The whole three paragraphs Ibbitson devotes to the ill-fated couple are hardly Kitty Kelley. Anyone looking for Kennedy-like sex romps will be disappointed. Ibbitson emphasizes throughout the book Mike Harris' good character in particular.

Ibbitson also tries to convince the reader that Mike Harris has a mind like a steel trap. This doesn't work. In charting the history of the ideology that replaced the Red Tories and brought Harris to power, Ibbitson describes a quartet of young neo-conservatives — Tom Long, Alister Campbell, Leslie Noble and Tony Clement — who basically used Harris as a vehicle to bring their agenda to Ontario. Although he repeats several times that Harris' intelligence is not to be underestimated, Ibbitson can't prove it.

Granted, it is unfair for the media to dismiss Harris, who managed a golf course, as a "golf pro." His ideas make economic sense when Ibbitson explains them, and it's hard not to feel sorry for Mike when one gets to the picture of him showing his sixth toe.

But Ibbitson, in showing so well the mechanics and talent of other people that brought Harris control of Ontario, will leave the reader feeling that Mike Harris' name should not really be attached to this revolution.

Dec. 1 — 1997

Promised Land

Inside the Mike Harris Revolution

John Ibbitson



Canada plays host to U.S. television show

Now in its second television season, *FX The Series* is enjoying considerable success as an action drama offering special effects and crime-detection technology with the popular and attractive Rollie Tyler (Cameron Daddo) and Angie Ramirez (Christina Cox) leading the way.

Ranked as the number-one new syndicated drama in the United States last year, the show was also watched by 1.3 million viewers north of the border. But Canadian involvement in the television show goes far beyond ratings, since the entire production is filmed in Toronto.

Cosmopolitan Toronto is an ideal place to film FX because it

offers a good mix of sets, says production assistant Nadia Bennan. International scenes can easily be filmed there, with a few minor adjustments, such as adding garbage to the streets and putting up American flags.

While some Canadians take offence at such transformations, location manager Peter Boboras says the FX crew act respectfully when altering their surroundings.

"Every neighborhood has its curmudgeon. We take into consideration their concerns," he says. "Toronto provides a style of architecture common to the American northern states."

Tucked away under the Gardiner Expressway and metres from Lake Ontario, the FX studios consist of several large

warehouses converted into offices, makeup and dressing rooms, prop and wardrobe storage, and film sets.

The sets are impressively realistic. A police precinct is to-scale,

with cluttered desks and dusty fans, and several jail cells and a line-up room are attached. Rollie's loft is also authentic, filled with metal staircases winding their way up to higher levels as strange, fantastic creatures from his movies peer out over the bachelor pad's funky furniture.

The Canadian influence is again evident in the clothing worn by the cast and crew on set. Everyone wears heavy coats because of the chilly November air. The large warehouse has high ceilings and large doors often left open, making heating rather difficult.

In addition, heaters cannot be used during actual filming as they make too much noise. The same is true for air conditioning during the heat of the Canadian summer.

But Canada's contributions to this American enterprise do not go without rewards. The crew is almost entirely Canadian, thus providing employment and pumping staff salaries back into the economy. In addition, location fees supplement local property owners.

"FX probably puts \$40 to \$50 million into the city of Toronto," says Boboras.

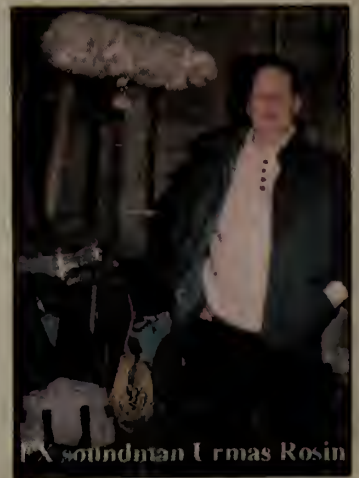
Despite the Canadian involvement, FX has yet to feature Canada in its storyline, says Bennan. But considering this country's prominent role in some many other aspects of the series, such a development is unnecessary.



Cameron Daddo and Christina Cox



FX crew member



FX soundman Umas Rosin

Local gal makes it big

As a Canadian actress on an American television show, Christina Cox is fortunate to enjoy such a prominent role, and she does not take the position lightly.

Playing the resourceful assistant, Angie Ramirez, to Rollie Tyler (Cameron Daddo), Cox says she is learning about her craft and herself while also having a great time.

"It's been a great experience for me - learning about the industry, about appropriate uses of energy and emotion," she says. "I'm really critical and I'm a real perfectionist."

Cox's drive for perfection began in school where she avidly pursued gymnastics and dance. Ultimately, she ventured into drama, attending Ryerson Theatre School.

Her athletic background has not been left behind, however, as she has recently resumed dancing in order to improve her acting.

"There's a lot of communication with movement that I've lost touch with," she says. "I've always expressed myself through my physicality, but 90 per cent of what you do on television is from the waist up, so you can't dance around."

Cox says her training in theatre was difficult to assimilate to the television environment, making for some awkward first performances.

"My first time on television was terrible," she says. "The camera is five feet away and my face is like a chunk of wood but my body is doing a jig. I was doing the theatre thing. The hands are going, the arms are going, I'm striding around, ducking out of frame."

But her acting soon adapted and, after some smaller parts, Cox gained her current role on FX. She says people are shocked when they learn that she was cast out of Toronto because it's so rare.

"Somehow there's something in the barometric air

pressure that once you go south of the border, you're a better commodity," she says.

Cox says she would prefer to stay in Canada, but she will go where the work is. She says it is too bad there is a perception in this country that performers have not succeeded unless they are recognized by Americans.



"It's a shame to me that we base our talent's worth on the acceptance of other countries," she says.

The character of Angie is certainly appreciated

beyond Canada's borders, judging by the response of fans through mail and the Internet. While Cox says the attention can be flattering, it can also be a little creepy.

"You have to remember that I'm in an industry that's becoming one of the biggest forces in society," she says.

As to the show's popularity, Cox says the strong characters, exciting action, good writing and quality production make for a successful show. Cox's character is probably another appeal, with Angie as the resourceful, computer-knowledgeable assistant. Cox says she really likes her character, particularly this season, as Angie is not really dependent on anyone.

"Angie is a lot better at dealing with all these really wacky situations. She's like the den mother, trying to stop Rollie from killing himself."

As for her role as a strong, intelligent female character, Cox admits there are pitfalls for women in the industry.

"There's a lot of girlfriend roles and a lot of arm-piece roles, or total psychopath. If they don't want to date you, it must be because you're *The Hand That Rocks the Cradle* lady," she says.

For that reason, Cox says she is glad Angie has not had boyfriends thrown at her because that's not important in her character's life at the moment, and it would ruin the show.

"How could she explain to anyone anyways?" she asks. "You know, excuse me, I have to go save New York from a plasma bomb."

With regard to her future, Cox says she is always looking for roles that challenge her and make her think. For a change, she says she would like to play an evil or unattractive character.

"If it's well-written and it's challenging and it's not really degrading, then I'm interested."